



Tips for good oral health when you aren't able to visit the dentist

Access to dental care is being restricted to help protect our health and well-being

Dentists are focusing on emergency care

The American Dental Association (ADA) has recommended that dentists should postpone all elective procedures and concentrate on emergency cases to help prevent the spread of coronavirus and to relieve the burden on hospital emergency departments.

Your options for getting the care you need

Although elective procedures have been postponed, maintaining your oral health at home during this time is critical. Do everything you can to keep your mouth healthy until you can once again receive routine dental care. If you have an emergency, contact your dentist's office for advice on next steps.



Healthy home care

- Brush your teeth twice a day
- Use a toothbrush with soft, nylon bristles
- Replace toothbrush head every 3-4 months
- Floss daily
- Try alternative interdental cleaning devices if flossing is difficult
- Minimize consumption of sugary and starchy foods
- Look for foods with Vitamin D and calcium to maintain healthy gums
- Remember lean meat, fish and poultry are good sources of protein



If you need emergency care

- Contact your dentist's office and follow directions for emergency care, such as severe pain, significant bleeding or swelling
- Avoid hospital emergency rooms, unless advised by your dentist



If you can't get to the dentist

- Ask your dentist about the opportunity for telehealth visits. Guardian will pay for these consultations during this time of crisis.

For additional information on the coronavirus and your Guardian workplace benefits, please visit our Coronavirus Customer Resource Center at guardianlife.com/coronavirus

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